



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

## Full Report (All Nutrients) 09090, Figs, canned, water pack, solids and liquids

Report Date: June 30, 2017 05:06 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor: 3.36 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 248g	1 fig with liquid 27g
<strong>Proximates</strong>						
Water	g	85.21	--	--	211.32	23.01
Energy	kcal	53	--	--	131	14
Energy	kJ	222	--	--	551	60
Protein	g	0.40	--	--	0.99	0.11
Total lipid (fat)	g	0.10	--	--	0.25	0.03
Ash	g	0.30	--	--	0.74	0.08
Carbohydrate, by difference	g	13.99	--	--	34.70	3.78
Fiber, total dietary	g	2.2	--	--	5.5	0.6
Sugars, total	g	11.79	--	--	29.24	3.18
<strong>Minerals</strong>						
Calcium, Ca	mg	28	--	--	69	8
Iron, Fe	mg	0.29	--	--	0.72	0.08
Magnesium, Mg	mg	10	--	--	25	3
Phosphorus, P	mg	10	--	--	25	3
Potassium, K	mg	103	--	--	255	28
Sodium, Na	mg	1	--	--	2	0
Zinc, Zn	mg	0.12	--	--	0.30	0.03
Copper, Cu	mg	0.110	--	--	0.273	0.030
Manganese, Mn	mg	0.088	--	--	0.218	0.024
Selenium, Se	µg	0.1	--	--	0.2	0.0
<strong>Vitamins</strong>						
Vitamin C, total ascorbic acid	mg	1.0	--	--	2.5	0.3

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 248g	1 fig with liquid 27g
Thiamin	mg	0.023	--	--	0.057	0.006
Riboflavin	mg	0.038	--	--	0.094	0.010
Niacin	mg	0.445	--	--	1.104	0.120
Pantothenic acid	mg	0.069	--	--	0.171	0.019
Vitamin B-6	mg	0.070	--	--	0.174	0.019
Folate, total	µg	2	--	--	5	1
Folic acid	µg	0	--	--	0	0
Folate, food	µg	2	--	--	5	1
Folate, DFE	µg	2	--	--	5	1
Choline, total	mg	3.3	--	--	8.2	0.9
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	2	--	--	5	1
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	23	--	--	57	6
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	38	--	--	94	10
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	7	--	--	17	2
Vitamin E (alpha-tocopherol)	mg	0.08	--	--	0.20	0.02
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	3.3	--	--	8.2	0.9
<b>Lipids</b>						
Fatty acids, total saturated	g	0.020	--	--	0.050	0.005
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.001	--	--	0.002	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 248g	1 fig with liquid 27g
16:0	g	0.015	--	--	0.037	0.004
18:0	g	0.004	--	--	0.010	0.001
Fatty acids, total monounsaturated	g	0.022	--	--	0.055	0.006
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.022	--	--	0.055	0.006
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.048	--	--	0.119	0.013
18:2 undifferentiated	g	0.048	--	--	0.119	0.013
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
<b>Amino Acids</b>						
Tryptophan	g	0.003	--	--	0.007	0.001
Threonine	g	0.013	--	--	0.032	0.004
Isoleucine	g	0.012	--	--	0.030	0.003
Leucine	g	0.017	--	--	0.042	0.005
Lysine	g	0.016	--	--	0.040	0.004
Methionine	g	0.003	--	--	0.007	0.001
Cystine	g	0.007	--	--	0.017	0.002
Phenylalanine	g	0.010	--	--	0.025	0.003
Tyrosine	g	0.017	--	--	0.042	0.005
Valine	g	0.015	--	--	0.037	0.004
Arginine	g	0.009	--	--	0.022	0.002
Histidine	g	0.006	--	--	0.015	0.002
Alanine	g	0.024	--	--	0.060	0.006
Aspartic acid	g	0.094	--	--	0.233	0.025
Glutamic acid	g	0.039	--	--	0.097	0.011

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 248g	1 fig with liquid 27g
Glycine	g	0.014	--	--	0.035	0.004
Proline	g	0.026	--	--	0.064	0.007
Serine	g	0.020	--	--	0.050	0.005
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0